

Healthy Recipe of the Month: August 2019

Recipe from Whole Foods Market

Cajun Beef Skillet Supper



Ingredients

¾ pound lean ground beef
4 teaspoons salt-free Cajun or Creole seasoning, divided
½ large yellow onion, chopped
1 stalk celery, thinly sliced
1 red bell pepper, thinly sliced
1 jalapeno pepper, seeded and finely chopped
½ cup low-sodium vegetable broth
1 (15 ounce) can no-salt added kidney beans, rinsed and drained
1 (20 ounce) bag frozen brown rice, prepared according to package directions
¼ cup roughly chopped fresh parsley

Servings- 4 servings

Preparation

1. In a large skillet, cook beef with 1 ½ teaspoons of the Cajun seasoning over medium-high heat until browned, about 10 minutes.
2. Add onion, celery, pepper, jalapeno and 1 ½ teaspoons of the Cajun seasoning and cook until tender, 6 to 8 minutes.
3. Add broth, stir to scrape up any browned bits and cook until thickened, 2 to 3 minutes.
4. Stir in beans and cook until heated through.
5. Meanwhile, toss warmed rice with remaining 1 teaspoon Cajun seasoning.
6. Stir parsley into beef and bean mixture and spoon over rice.

Nutrition Information

420 calories, 8g total fat, 3g saturated fat, 75mg cholesterol, 120mg sodium, 51g carbohydrates, 32g protein, 9g fiber, 5g sugar